

Hamilton.

Defensive Team Tactics.

Two methods of defense tactics.

- 1) Player-to-player (three division game)
- 2) zone.

A. Player-to-player.

- 1) Each player responsible for defense of respective opponent.
- 2) Must intercept passes to opponent, & guard her, and break up her passes.
- 3) If a guard, prevent goal shots & recover the rebounds.

B. Zone defense.

Players guard sections of court, not players.

- 1) Advantage - teaches forwards defensive tactics.
- 2) Built on theory of moving zone defense - a combination of player-to-player & zone defense.
- 3) Forwards must cover a certain area for interception.

I. Zone Defense in Two-Division Game.

Zone defense can be used when guard secures ball at or near the end-line.

- 1) Forwards arranged so that
 - 1) playing area equally distributed
 - 2) three guards between forwards & the basket.
- 2) Defensive guards cover intervening spaces on opposite side of line (court) but back to allow forward interception.
Third defense guard covers back area of court.
- 3) Reaction of players must be fast, must get set when offensive guard secures ball.
- 4) Defensive players should watch ball for possible interception.
- 5) If six-player defense is used, plan offensive plays for defensive formation.

II. Defense in Three-Division Game.

- 1) Possible to use zone defense.
Difficult if opponents get ball through defense at division line between forward & center divisions, as a new line of defense must be formed.
- 2) Possible to have players responsible

for all defensive work in one half of that area.

C. Defense When Not Securing the Center Toss.

- 1) If center is outjumped, definite defense should break up the play. In-court play-possibilities.
- 2) Guard's position at center throw or center toss important. Should not be in front of opponent, but in rear of the forward + in inside position so she can watch for interception.
- 3) From guard's position, follow opponent to dash for ball, and intercept the pass, & secure the ball for a held ball.
- 4) If guard in proper place at center toss, she can cut off access to best spot for forward, when she makes a pretense to go forward after ball, then reverses toward goal to receive the pass.

D. Defensive Play Following a Foul Shot.

- 1) Secure the ball as it rebounds, or play for a held-ball, if impossible to get ball.
- 2) Best rebound player situated so that she runs in for the rebound, and passes or tips ball back to a certain spot, the spot on either side to be covered by two teammates.

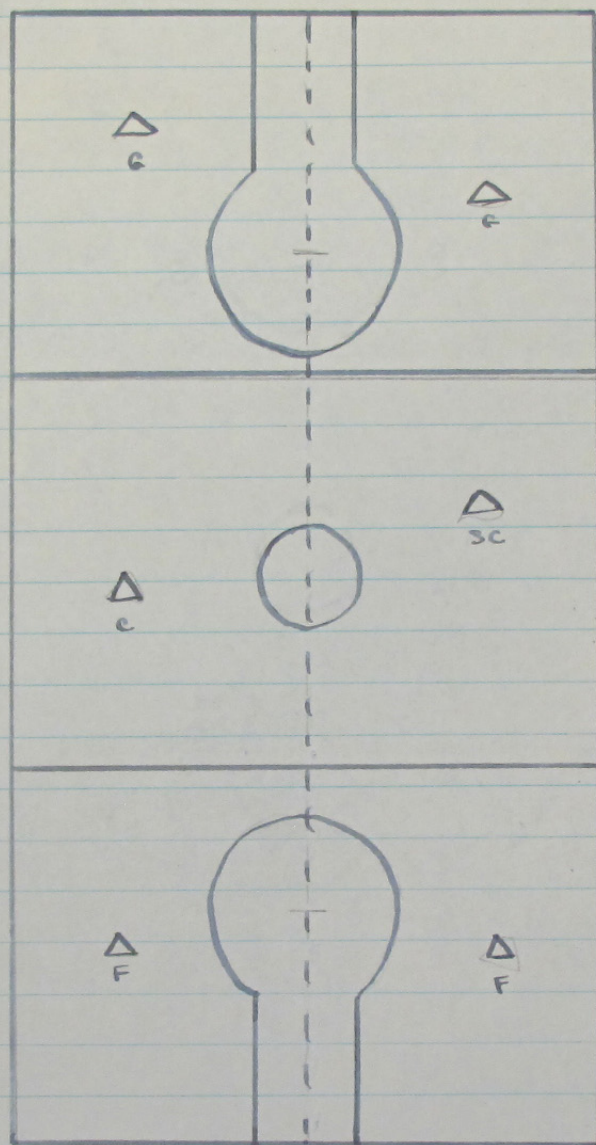
E. Defense on Out-of-Bounds Play.

Defense of forwards is the same as for six-player defense in the two-division game - or four-player in three-division game.

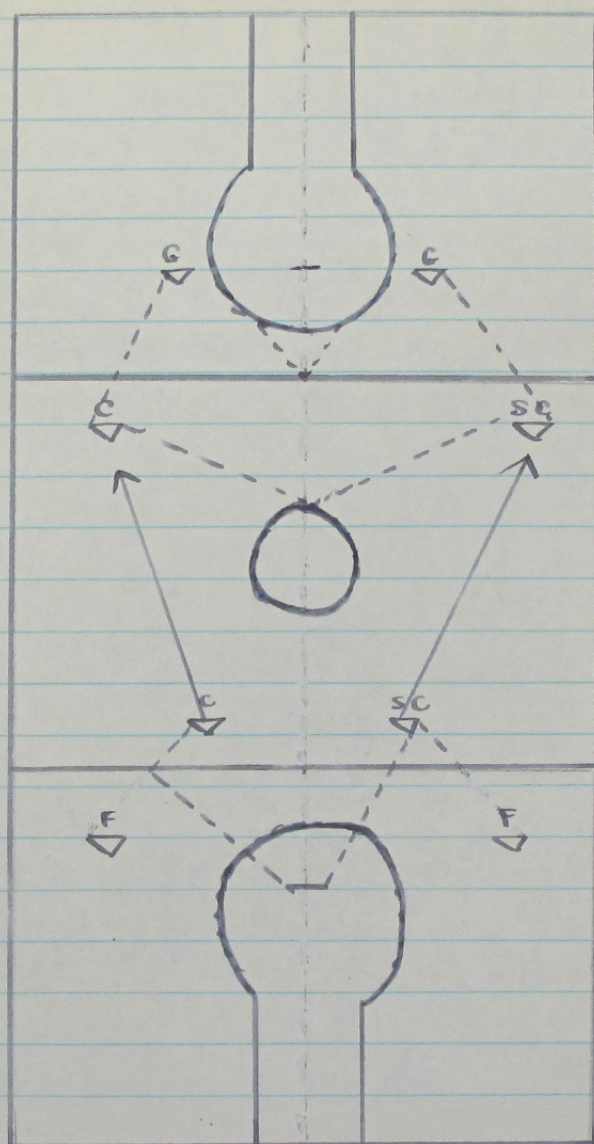
- 1) Defense of guards will be player-to-player as it is a dangerous area.
- 2) When ball out-of-bounds at end lines under basket, stand in front of the player passing - as it is hard to throw in from this position + maybe the pass can be intercepted.
- 3) When player out-of-bounds on side lines, stand on the field between player and basket. Note - the defensive player is between passer + the basket.
- 4) If defensive player is opposite + near player out-of-bounds, passer may be fast enough to get into court.

behind defense player and receive a return pass.

- 5) This return pass is frequent & should be defended.

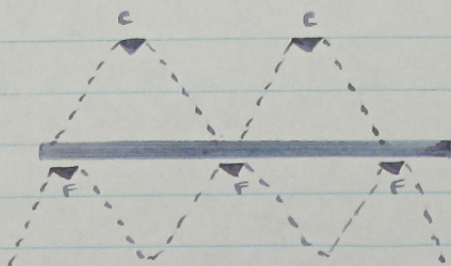
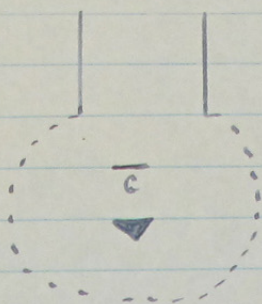


ZONE DEFENSE IN THE THREE-DIVISION
 GAME IN WHICH THE PLAYERS IN EACH
 SECTION ARE RESPONSIBLE FOR ALL
 DEFENSIVE WORK IN ONE-HALF OF
 THEIR SECTION.

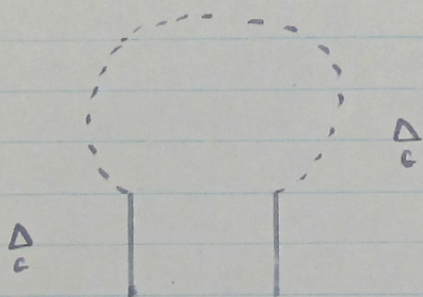


SUGGESTED ZONE DEFENSE FOR THE
THREE-DIVISION GAME. THE DOTTED LINES
INDICATE THE AREA FOR WHICH EACH
PLAYER IS HELD RESPONSIBLE.

DIAGRAM 1.



$\Delta C.$



SIX PLAYER DEFENSE IN TWO DIVISION GAME.

A Technical foul - is any foul not involving personal contact - the only exception being blocking.

Blocking is a personal foul - not involving personal contact.

Technical

- 1) Overguarding - touching ball held by opponent legally.
- 2) Opponent touching
 - 3 ft. or throw in.
 - guarding at corner with two arms.

- 3) Boxing up - 2 players guarding.

Personal foul - guarding by personal contact.

- 1) Blocking - exception - ^{impeding progress of opp.} without ball.
- 2) Holding or tagging.
- 3) Obstructing.
- 4) Charging.
- 5) Tripping.
- 6) Pushing.

Blocking - 1) standing with arms extended before her.

Facing - 2) facing her blocking progress.

Shifting position - 3) disregarding ball, following opponent.

Following ball - crowd opponent
off const.

Holding or tripping

Guarding with any part of body
by constant contact.

Obstructing -

Impeding by personal contact,
progress of player who has
started to advance the ball.

Charging

A play in which a player with
the ball, or in act of bouncing
or juggling, makes contact with
body of player with ball or her
own body.



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